



NASK Ombudsman Newsletter

Volume 1 : Issue 3

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Hello NASK Family!

Your NAS Kingsville Ombudsman here! April storms brought May flowers :-). I hope this newsletter finds you well! This month is full of great activities and events hosted by the MWR including Bingo, Texas Hold em, NASK BBQ competition and car show, Memorial Day Celebration and more! Also the NASK Spouses club is hosting a Military Spouse Appreciation day (See Spouses Club Corner for more info).

As summer arrives so does the potential for some nasty weather. It is so important for each family to have a plan and emergency kit ready in case of an event. Ask yourselves the following questions...

1. Do I have a plan in case of evacuation due to a Hurricane?
2. Do I have all supplies necessary to survive power outages or flooding?
3. Is my first aid kit stocked for summer booboos and emergencies?
4. Do I know the ombudsman's phone number in case of personal emergency and myspouses can't be reached?
5. Is my Tricare and page 2 up to date?

For great information on how to prepare your family please visit <http://ready.navy.mil/>

Furthering your career? Military Spouse Employment Program Take 15 Minutes to Learn About the MyCAA Scholarship The Department of Defense (DOD) Spouse Education and Career Opportunities (SECO) Program invites you to take 15 minutes to learn about funding your education and career goals. If you are military spouse eligible for a My Career Advancement Account (MyCAA), please attend one of the informational webinars during the month of May. Eligible spouses are married to a service member on Title 10 orders in pay grades E1-E5, O1-O2, or W1-W2. Find more details at <http://1.usa.gov/1ALNUci>.

Have a great month of May!!!!

-Melissa Smith

Spouses Club



Megan Hogan -President
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I hope you'll be able to join us Thursday at the Bowling Alley from 6:30-8:30pm for Military Spouse Appreciation Day. There will be free bowling and several cool gifts donated from local businesses.

Military Spouse Appreciation Day by Dorothy "Dede" O'Rourke, CNIC N91 RAP/FERP Program Analyst
 Military Spouse Appreciation Day is celebrated on the Friday before Mother's Day in May. This year it will be celebrated on May 8th. On Military Spouse Appreciation Day, we celebrate military spouses' contributions to keeping our country safe. America's military spouses are the backbone of the families who support our service members during all phases of the military lifecycle. They are the silent heroes who are essential to the strength of the nation. They serve our country, just like their loved ones. In celebration of Military Spouse Appreciation Day, bases worldwide will hold a variety of special events and programs to inform, honor and recognize military spouses. Events range from spouse appreciation luncheons to educational workshops and employment fairs. Military Spouse Appreciation Day History In 1984, President Ronald Reagan recognized the profound importance of spousal commitment to the readiness and well-being of military members with Proclamation 5184, dated April 17, 1984. Congress officially made Military Spouse Appreciation Day part of National Military Appreciation Month in 1999. Subsequently the Department of Defense standardized the date by declaring the Friday before Mother's Day every year as Military Spouse Appreciation Day to show appreciation for the



ITT Office

Looking for fun things to do? Want to save money on tickets for Hooks games to Sea World? Planning a family vacation? Stop by the ITT Office and let the fun begin!

Phone Number: 361-516-6449

Located next to the car wash :-)

New Spouse Orientation

New Spouse Orientation is offered as an on-demand course designed to support new Navy spouses. It provides information on benefits, support services, military culture and resources to help spouses adapt to the military lifestyle. For more information visit the FFSC office or go to www.newspouseorientation.com

Santiago Fitness Center May 2015 Group Exercise Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 0615-0700 Circuit	2
3	4 0615-0700 Interval 0815-0900 Cycle 1630-1715 H.I.I.T	5 0615-0700 H.I.I.T. 0900-0945 Circuit 1800-1850 Cycle	6 0615-0700 Interval 0815-0900 Cycle 1630-1715 H.I.I.T	7 0615-0700 H.I.I.T. 0900-0930 H.I.I.T.	8 0615-0700 Circuit	9
10	11 0615-0700 Interval 0815-0900 Cycle 1630-1715 H.I.I.T	12 0615-0700 H.I.I.T. 0900-0945 Circuit 1800-1850 Cycle	13 0615-0700 Interval 0815-0900 Cycle 1630-1715 H.I.I.T	14 0615-0700 H.I.I.T. 0900-0930 H.I.I.T.	15 0615-0700 Circuit	16
17	18 0615-0700 Interval 0815-0900 Cycle 1630-1715 Interval Training	19 0615-0700 H.I.I.T. 0900-0945 Circuit 1800-1850 Cycle	20 0615-0700 Interval 0815-0900 Cycle 1630-1715 H.I.I.T.	21 0615-0700 H.I.I.T. 0900-0930 H.I.I.T.	22 0615-0700 Circuit	23
24/31	25 Holiday Hours 1200-1700 No Classes	26 0615-0700 H.I.I.T. 0900-0945 Circuit 1800-1850 Cycle	27 5K FUN RUN 0615-0700 Interval - WILL NOT BE HELD 0815-0900 Cycle- WILL NOT BE HELD 1630-1715 H.I.I.T - WILL NOT BE HELD	18 0615-0700 H.I.I.T. 0900-0930 H.I.I.T.	29 0615-0700 Circuit	30

MWR Upcoming Events

May 2015

MILITARY APPRECIATION MONTH

Morale Welfare & Recreation May Event Calendar

1-29 MAY 1030-1900	Station Library Honors "Asian Pacific Month"
6 MAY 1900	Bingo Nights @ the No-Fly Zone
6 MAY 1900	Liberty Movie Showing
8 MAY 1900	Texas Hold'Em Poker Night @ the No-Fly Zone
13 MAY 1030 & 1600	Station Library "Spring Storytime"
13 MAY 1900	Liberty Movie Showing
14 MAY 1900	Trivia-On-Tap Live @ the No-Fly Zone
15 MAY 0700-1300	NASK MWR "Barbecue Challenge & CarShow"
16 MAY 1100	King Ranch Tours
20 MAY 1900	Liberty Movie Showing
21 MAY 1700	NASK MWR "Military Appreciation Celebration"
22 MAY TBA	Hunter's Cove Family Movie Night
23 MAY 1930	Santiago Fitness Center Dive In Movie "The Boxtrolls"
27 MAY 1900	Liberty Movie Showing
30 MAY 1200	Captain's Cup Paintball Tourney
30 MAY TBA	CYC Open Rec Trip "Volunteer @ ARK, Lunch, & Shooting Range"




Sunday Monday Tuesday Wednesday Thursday Friday Saturday

						2
3	4	5	BINGO NIGHT	7	8	9
10	11	12	It's story TIME	Trivia Night	challenge BBQ	EST. 1853 KING RANCH
17	18	19	MOVIE NIGHT	SALUTE to the MILITARY	FAMILY Movie Night	DIVE-IN Movies
24		26	MOVIE NIGHT	28	29	



Community Events

May 2015

*For a full list of events click the following
<http://www.kingsvilletexas.com/events/list/>*

1. *State of the City*
May 7 @ 11:30 am - 1:00 pm
2. *Cinco de Mayo Celebration*
May 9 @ 10:00 am - 2:00 pm
3. *5th Annual KCSP BBQ Shootout*
May 15 @ 7:00 pm - May 16 @ 6:00 pm
4. *May Historic Preservation Month Reception*
May 22 @ 5:00 pm - 7:00 pm